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**Module 35 – Pillar 1: Vitalizing Food**

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## Yeast-Free Eating



*Baker's yeast can't be hard for some people to digest.*

**J**ust to be clear from the offset, in this module I'm not talking about yeast infection (overgrowth of candida albicans). Instead, this week's Vitalizing Foods Pillar is about determining whether yeast products are a De-vitalizing food for you.

(Nonetheless, avoiding yeasty foods can be part of the strategy to help prevent or reverse yeast infections.)

One of the simplest ways to "vitalize your diet" is not by investing in expensive super foods (though there's nothing wrong with that), but by avoiding foods that make you weak and adversely affect your health. When it comes to health, it's always easier (and more economical) to simplify than to expand.

I think this approach will be very common amongst doctors of the future. Instead of giving patients pills, supplements or other treatments, they'll first focus on removing the cause of the problem – and testing for yeast intolerance will be high on their list of diagnostics. But why wait for such a health revolution to come about when you can...

### Add a Few Thousands Watts to Your Life Now

Yeast is a common food intolerance, allergy, sensitivity, incompatibility (call it what you want). By yeast, I mean the yeast that is used to make alcohol, bread, vinegar, soup broth and many commercial processed foods.

Yeast is in so many prepared foods, that removing it from your diet (if it bothers you) may feel like someone literally added a few thousands watts of electricity to your life.

Now some of you might not be super-sensitive to yeast – yet still be affected. I'll also show you how to cut back on yeast and make it less of a problem (without really changing your diet). That may be all you need.

But, principally, what I'd like you to do (for just the next two weeks) is avoid ALL foods containing yeast. It takes about one week to get all that yeast out of your system. After two weeks you'll reintroduce those yeasty foods (slowly) back into your diet.

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If yeast is a problem for you, you'll notice many positive improvements in your health when you are off it, and a sudden return to symptoms (that you probably had learned to live with) when you return to eating the offending foods.

Now, unlike other "dietary restrictions," a yeast-free diet is a pretty easy one to endure. And if yeast is making you feel unwell – then you'll find it no sacrifice at all (unless you really like your spirits). There are plenty of alternatives to yeasty foods and there are many benefits to limiting alcohol intake.

If, however, you really can't live without yeasty foods then I'll show how to minimize the effects they have on you. But, first, let's see if they are even an issue.

### **People Have Been Eating Yeast for Thousands of Years!**

Yes, there are records dating back to Egypt, 1550 B.C., of that culture using yeast products. So why would you be allergic?

First, I like to say "intolerant" and not "allergic" because, in most cases, it's probably not an allergy. The reason so many so-called "health nuts" seem to be yeast-intolerant may be explained in this way. Oftentimes, people who seek out health information do so because they don't feel like they are experiencing the health they feel they should be. Which is often caused by quirky little intolerances that may not affect the majority of people.

Still, it seems more and more people are experiencing sensitivities, which suggests that modern stresses and toxins are increasingly challenging our bodies. The yeast we eat can either be a welcomed guest or an invading army. It depends how well our immune system keeps them in check. If our bodies are stressed out dealing with other issues, they may just let food-based yeast go wild (because it's dealing with bigger things).

Also, as I demonstrated in Module 18, there's mounting evidence to show that wireless technology causes yeast to proliferate unnaturally fast. How crazy is that!!! So living in our high-tech society may be causing yeast in our bodies to proliferate and interact in some weird way with the yeast in the bread and beer we had for lunch.

Later in this section I share with you a theory showing that how we eat, prepare, and store food may explain why we are so sensitive to yeast. Before refrigerators, packaging and plastic wrap, people tended to eat food soon after it was prepared. Day-old bread was for the dogs. Therefore, it may just be that we are exposed to more yeast than our ancestors and we are on yeast overload.

Who knows? The point is, I think everybody should do an experiment and try two weeks without eating any yeast (in any form). As always, I'll give instructions at the end of this pillar on exactly how to do this.

### **Yeast and the Fungi Kingdom**

Most people don't realize that yeast is actually part of the Fungi Kingdom. I guess it would sound too nasty if bakeries listed "fungus" as one of the ingredients in their fresh baked loaves. So we call the fungus we put in our bread – yeast.

Now, before you freak out, make note: It's called the fungi kingdom not the fungi family. It includes a lot of variations (both good, bad and questionable). For example...

- The Italian word for mushroom is *fungo*. And Italians make delicious dishes with portabella mushrooms. (*Portabella* means "bring beauty".)

- The Buddha was killed – according to certain legends – by eating a poisonous mushroom called a "pig's snout." (It's called a pig's snout because it grows underground and pigs are used to sniff it out. The story has been misinterpreted to say that the vegetarian Buddha died from eating pork.)
- Many fungi growing on the sides of trees would put LSD to shame (not recommended).
- The Chinese have been using medicinal mushrooms for thousands of years to cure everything from cancer to asthma.
- Mold grows on shower curtains and forgotten leftovers in the back of your fridge – it's a species of fungi that I don't recommend you eat at all.

So, there's good and bad fungi, and there's good and bad yeast. Just like berries, some can heal you, some can kill you.

As far as yeast itself goes, in the western world, only about 1% of all species have been classified. There's still a lot of research to be done. Generally, all yeasts get lumped into the most commonly used species, *Saccharomyces cerevisiae* (I'm not even going to spell it out phonetically and I promise that's all the Latin for today).

### The Yeast We Eat

Two different forms of yeast are typically used in food and alcohol processing:

**Brewer's Yeast:** Breweries use this form to produce alcohol. The yeast turns the sugars into alcohol in a controlled way.

**Baker's Yeast:** Bakers yeast is used to leaven breads and pastries.

However, these two popular forms of yeast are not limited to breweries and bakeries as I'll explain in a minute.

### Symptoms of Yeast Intolerance

Probably the number one issue people with yeast intolerance suffer most is low energy. Since most of us have been eating yeast (in bread) since we were weaned it's difficult to even know if you have low energy issues. If you've always just felt a certain level of energy you might not realize life could be better.

But the ways in which yeast can limit you are not limited to energy...

- Sinus congestion
- Rashes
- Gas and bloating
- Lack of appetite (or extreme hunger)
- Headaches
- Insomnia

- Muscle weakness
- Difficulty thinking clearly (feeling "foggy")
- Asthma, breathing problems and wheezing

Again, it's hard to make a blanket statement as to why yeast is such a problem for some people. Some people are allergic to oranges while most people find them healthy. On the other hand, a large portion of the population find cabbage gives them insufferable gas while others don't have a problem. Body types, lifestyles, stress level, genes, environment and a host of other factors can contribute.

Either your immune system is treating the yeast as an enemy and attacking it or ... you're able to metabolize it as food.

While yeast, under proper controlled conditions, can produce a host of valuable nutrients, it can also suck up nutrients in your body and excrete up to 179 different toxins. If you already have yeast overgrowth in your body (e.g. candida), then the problem is only compounded by eating other forms of yeast because some of the candida-yeast toxins can cross react with food-yeast. Your immune system, in attacking candida-yeast, also puts food-yeast in its cross hairs and the war is on.

Food-yeast may survive the trip through your stomach and duodenum. But then, your digestive system might not produce enough enzymes to break down the walls of the yeast cells. Thus allergy-producing yeast wall fragments can be absorbed through the intestinal walls and set up allergy reactions in the body.

In the end, I think, the simplest approach is: "If you feel better without it – avoid it." Life without yeasty foods is hardly a big deal. Or, it may be that you just need to reduce the amount of yeast you are exposed to (which I also show you later in this section). For example, many people feel a world better if all they do is start toasting their bread (the heat will kill the baker's yeast, wild yeast landing on the bread, or any microscopic mold that's taken hold).

### **Yeast to Avoid For the Two-Week Test**

- **All Forms of Alcohol:** Yeast is used to convert sugar into alcohol. (Sorry, I have no alternatives but I'll list the least offending spirits in a minute.)
- **Leavened and Sourdough Breads, Bagels, Rolls and Pretzels:** Most breads use yeast in one form or another. (You can eat flat breads, pasta, crackers, chapattis, rotis, pizza crust and tortillas instead. They are OK as long as a sourdough starter or yeast is not listed on the ingredients.) We won't get into the obvious benefits of whole grains versus white flour products here and just try to stick to talking about yeast.
- **Vinegars:** This includes white, balsamic, red wine and apple cider vinegar. Especially avoid pickled vegetables that contain vinegar.
- **Vegetable Broth Powders and OXO Cubes:** Most vegetable broth powders (even those in health food stores) are made with yeast. Check the labels. (Instead, make "real" broth by boiling and simmering vegetables or use more spices in your soup.)

- **MSG:** Mono-sodium glutamate is a yeast by-product. I recommend that everybody avoid MSG whether they think they are allergic to yeast or not. As a Future Health *Now!* member I assume you are well aware of the side effects of MSG.
- **Mushrooms:** If you do eat them, make sure you clean n' cook 'em. But for the purpose of the two week test you'd be better off avoiding them.
- **Unwashed Fruits, Vegetables, Grains, Nuts & Seeds:** Yeast and mold grow on the outside of almost all forms of produce. Since the yeast or mold will often be invisible, fruits and vegetables should either be thoroughly rinsed under running water and/or peeled. Grains should be triple rinsed. Avoid buying ground grains (like oatmeal, ricemeal or cornmeal). Buy the whole grain instead – wash it and then grind it in a food processor or blender (freshly ground tastes so much better, anyway). You can soak grains, seeds, nuts, vegetables or fruits in water with ten drops of grapefruit seed extract (a proven anti-fungal and anti-parasitic) if you want to be especially thorough. You can also ozonate your soaking water and kill any microorganisms, including parasites.  
[www.drcarolyndean.com/ozonator](http://www.drcarolyndean.com/ozonator)
- **Fruit Juice:** Fresh fruit juice is fine when you drink it immediately. But if you are drinking commercial fruit juice in cans or bottles, you should heat it (to kill the yeast and mold) and let it cool. Even though it's already been pasteurized, yeast has been growing on it since it left the plant. (This is one of the reasons why I don't recommend you drink much fruit juice and stick to whole fruits instead.)
- **Other Suspects (check labels):** Cakes, doughnuts, malt products, soy sauce and some chocolate often contain yeast. Get your treats at a health food store where you can find yeast-free products more easily.

### Modified Yeast-Free Diet

If you don't think you can manage to go on a complete yeast-free diet for two weeks, try a reduced yeast diet instead and see how you feel. This is also a good approach if you find that a 100% yeast-free diet causes too much of a detox effect. (See my warning on page 7.) A modified yeast-free diet looks like this.

1. Limit or eliminate alcohol (or stick to distilled liquor, port wine, rum, gin and vodka – but not all at the same time!).
2. Toast all your breads. Bake your own or buy fresh (and store in the freezer). Eat bread immediately after it's been toasted. In other words, don't toast your bread, make a sandwich, pack it in your bag and eat it five hours later (or the next day!) at your lunch break. If your workplace doesn't have a toaster, then make your sandwich with a tortilla wrap instead of bread.
3. If you use vinegar, powdered broth or anything else containing yeast, cook first and eat immediately.
4. Make sure all the grains, vegetables and fruits you eat are properly washed.
5. Add two drops of grapefruit seed extract to whatever you eat (or drink it separately with a glass of water). If the taste is too overpowering, you can purchase grapefruit seed extract capsules or tablets and take one with each meal. Just do this during your yeast-free diet.

## Acceptable Yeasty Foods

Now, if you've found you felt better without yeast, you may still do fine with certain kinds of yeast. The least problematic include:

1. Nutritional brewer's yeast (as a supplement – not for your private brewery)
2. Sourdough bread (e.g. sourdough rye)
3. Apple cider vinegar
4. Distilled liquor, port wine, rum, gin and vodka. (Not that these are "health drinks." But as far as alcohol goes they are the least yeasty.)

Try adding these foods back into your diet at some point and see whether or not you react. If they still seem to give you a problem, try cooking them. If that doesn't work, then just forget about them – they are hardly essential foods.

## Case Study

A client found through years of trial and error that he was very sensitive to all yeast products – even sourdough bread. He rarely eats bread, except one day a week he'd have sourdough with some scrambled eggs for breakfast. He started to notice that he suffered major fatigue on those days along with sinus congestion, neck pain and a headache.

He also found that he cannot drink even a tablespoon of apple cider vinegar without experiencing stomach upset. He uses lemon and lime juice as an alternative.

And if he even looks at Brewer's yeast his whole body implodes into a thousand little pieces.

It may be that he has a very "leaky gut" and with time can get over these issues. But in the meantime he's happy he found out that his digestive problems come from yeast.

## How to Make Yeasty Foods Less Yeasty

Cook them! Toast your bread and add apple cider vinegar to soups while cooking. Heat will usually render the yeast inactive.

Breads are best eaten fresh. The longer they sit around, the more active the yeast becomes. The heat used in baking bread renders the yeast inactive. As it sits on the cutting board (or in the bread box) the yeast comes back to life (or combines with yeast found in the air). Leave it long enough and it becomes moldy.

This may explain why yeast intolerance seems more of an issue today, than in times past. Our ancestors typically lived in large communities with central kitchens (or fire pits). I doubt a loaf of bread ever made it to day two. Any leftovers were fed to animals or beggars. Today, we buy many loaves at once on our weekly shopping trip and they sit around for seven or more days.

So, if you can, do as they do in Europe and buy your bread fresh each day. Even if you live alone, just ask the bakery to cut off what you need for that day. Or bake just a mini-loaf in a bread maker.

Or you can store bread in an airtight bag in the freezer. Yeast does not do well in sub-zero temperatures. Just take out the slices you need for each meal and put them directly in the toaster.

## Our Yeast-Filled World

Keep in mind that everything is covered with yeast. Especially the vegetables and fruit we eat. Washing will not get rid of all the yeast – and nor should we want it to. Our bodies require yeast

to function properly. A little bit is beneficial. Too much is a problem. Especially for certain people.

So don't freak out about yeast. But if you find avoiding alcohol, bread, vinegar, powdered broth and other culprits makes you feel a whole lot better – then go for it! Or, I should say, go without it!

And once and a while you'll probably find that you can enjoy some yeasty foods without a problem. Yeast is hard to avoid when eating out. But if you stay away from yeast 80% of the time that may be all you need to feel 800% healthier than you do now.

### **Our Mold-Filled World**

A cousin to yeast is mold. Whether you find avoiding yeast helpful or not, avoiding mold is certainly going to make a difference in your life. Unlike yeast, there are no benefits to ingesting mold.

In Module 78, I'll show you how to reduce mold in your environment. In Module 39, we'll focus on leftover foods – which often means moldy foods. You'd be surprised how much mold you may be consuming each day in the form of obvious and non-obvious leftovers (it's going to be a real eye-opener).

### **Make It Happen**

1. You may need to plan ahead. Maybe a week ahead. Eat up or give away all the yeast containing foods you currently have in your house and don't buy anymore.
2. For two weeks avoid eating any of the yeasty foods listed above. Make note of any improvements in your health.
3. On week three re-introduce one of the yeasty foods each day and see if you have any unpleasant reactions.

It may take an entire week of not eating yeasty foods for your body to get rid of yeast build up in your symptom. So it may take until the beginning of week two before you feel any improvement.

If yeast is a problem you'll typically find that your head and sinuses feel better, your energy level rises, your skin quality improves and you feel stronger with lasting stamina.

If you notice no real difference, that's an indication that yeast is not a problem. It hasn't been a waste of time, though. Knowing that yeast products don't adversely affect your health is important information.

**Special Note:** Do not combine a yeast avoidance test with any other type of avoidance test. E.g. don't also go off dairy or wheat (we'll do this together in future modules). If you test too many things at once you won't know what is helping and what is not.

**Warning:** You may actually feel worse for the first week as your body detoxifies the yeast. Once it's out of your system you may feel remarkably better. I don't think you'll fall extremely ill or anything like that. But you may experience some congestion and additional fatigue. Actually it's a normal and an indication that you are having a yeast die-off as long as it's mild and doesn't persist beyond the first seven days. Or you might be having a cold or flu that is just happening at the same time.

## Questions and Answers

### ***Is it good to use live yeast as a nutritional supplement?***

No. Live yeast may continue to grow in your intestinal tract, consuming nutrients. It can deplete your stores of vitamin B12 (instead of replenishing them).

Most nutritional brewer's yeast have been dried and killed. The nutritional by-products of the yeast, however, are preserved.

My recommended supplements are *Grown by Nature* a food-source grown in a yeast called Saccromyces. The *Grown by Nature* process involves growing nutrients in baths of Saccromyces, then breaking down the cell wall of the yeast with digestive enzymes so that the yeast becomes inactive and non-allergenic. I've never had any client or patient report problems with *Grown by Nature* supplements.

### ***I thought sourdough bread didn't contain yeast?***

There are two types of sourdough breads (to my knowledge):

1. The first uses a starter that originated, several generations back, from a batch made with baker's yeast.
2. The second relies on what is called wild yeast. Yeast is everywhere. Just leaving wet dough out in the open air in a warm spot will cause airborne yeast to feed the fermentation process.

Either way, yeast is involved. When labelling on sourdough breads claim "yeast-free" they simply mean baker's yeast was not added as an ingredient. The sourdough starter either already contained yeast or acquired yeast during its fermentation process.

### ***Are not some wines made without yeast?***

Some wines are made without using a pure yeast starter but they rely on wild yeast naturally present on the grapes themselves and in the air. This is not commonly used as it produces unpredictable results. It could be even more problematic for you health than using a "pure" yeast starter.

### ***Since yeast feeds off carbohydrates should I also avoid grains and fruits?***

I only recommend you explore a reduced carbohydrate diet if you find avoiding yeast helped – but there is still room for improvement. Generally, you may find you just need to be patient and continue eating a yeast-free diet for a longer period of time. It can take a while for you body to fully cleanse out "yeast residue."

I do, however, recommend you practice moderation with grains and fruits. Eating grains at more than one-third of your meals is probably too much. Try to split your diet evenly between grains, vegetables and protein. And stick to just one to three pieces of a fruit day.

If you are overweight, however, you may find avoiding grains helpful in reducing and maintaining a normal weight. We'll talk more about this in Module 93.

But before you give up grains, simply try passing on bread. Even yeast-free bread can easily contain yeast unless the flour is made from freshly ground and properly washed grains. There is also potential for airborne yeast to flourish in the time between the flour being ground and when the bread is baked or when the bread is baked and when you eat it. Yeast finds flour a very attractive meal.



Stick to whole grains like oatmeal, brown rice, quinoa, millet, oats and barley. Avoid white flour and white sugar entirely. These ingredients are particularly susceptible to yeast as they are even easier for the yeast to digest.

If you find fruit is a problem – and that soaking it in grapefruit seed extract doesn't help – try stewing your fruit. Again, cooking will kill any yeast on the fruit.

Take these steps first before going on a low carbohydrate diet solely for the purpose of avoiding yeast.

***Washing grains and some of the other recommendations sounds like a lot of work.***

That really wasn't a question, but I'll answer it anyway... If yeast causes your energy level to drop then your productivity goes down. Yes, it may take a little extra time to eat a yeast-free diet but if it adds energy and hours to your work week you can get more done. Of course, if you find following a yeast-free diet makes no difference, then don't continue. Everything is really about "return on investment" (whether it's time, money or energy).

### **Until Next Week**

Remember, if you don't think you can do EVERYTHING that I outline in the Future Health Now! modules, don't worry. I don't expect you to! Even if you just do 20% you'll probably see 80% of the results you are looking for.

Thanks for participating in Future Health Now! I hope you have been able to implement some of the strategies that I send each week. It will make all the difference in your future health if you do.

### **Coming Up In Module 36**

Let's explore the next Energizing Exercise Pillar, *The Cobra*. I call it the emergency back exercise and I'll tell you why next week.

*If you have any questions about this module email me at [help@drcarolyndean.com](mailto:help@drcarolyndean.com)*



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